

9-11 Heroes 5K & Ruck - Alexandria

Race Date
September 14, 2019

Age Group Results

5K-GORuck

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	ALEXIS Shaffer	Bethesda VA	641	29	3	27:58.2	28:56.0	0:57.8	9:00/M
2	MERCEDES Ernest Martinez	ROCKVILLE MD	639	31	4	29:27.0	30:09.7	0:42.6	9:28/M
3	ERIN LAWS	North Bethesda MD	604	28	6	31:07.0	31:27.1	0:20.1	10:00/M

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Female 99 and Under

Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	NICOLE Houston	Woodbridge VA	635	36	8	36:54.0	37:17.0	0:23.0	11:52/M
2	MARTHA MOWERY	Arlington MD	653	30	11	40:35.7	40:39.8	0:04.1	13:03/M
3	TAYLOR Johnson	Alexandria VA	642	28	12	43:15.1	44:15.4	1:00.2	13:54/M
4	ERICA Poole	Arlington VA	629	38	15	48:12.0	48:46.2	0:34.2	15:30/M
5	Jessica Lowman	Woodbridge VA	643	55	19	48:35.1	49:01.8	0:26.7	15:37/M
6	MEGAN Angevine	Lorton VA	634	37	20	53:04.7	53:52.6	0:47.8	17:04/M
7	CARMELA Pine	Alexandria VA	626	41	24	54:58.8	56:38.2	1:39.3	17:41/M
8	MEGHAN Howland	Windsor Mill	652	31	25	54:58.9	56:38.2	1:39.3	17:41/M
9	LACEY Hopper	Frederick VA	637	35	26	54:59.3	56:39.6	1:40.2	17:41/M

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Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Overall</u>	<u>-----Total-----</u>		<u>Chip</u>	
						<u>Chip Time</u>	<u>Gun Time</u>	<u>Diff</u>	<u>Pace</u>
1	TAYLOR HIGLEY	Silver Spring MD	638	34	1	24:41.7	25:00.9	0:19.2	7:56/M
2	PAUL Korson	Quantico VA	646	19	2	26:10.5	26:32.4	0:21.8	8:25/M
3	ARLO Sumer	Gaithersburg VA	649	0	5	29:42.7	30:09.8	0:27.1	9:33/M

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Place	Name	City	Bib No	Age	Overall	-----Total-----		Chip	
						Chip Time	Gun Time	Diff	Pace
1	JOSEPH HOFFERT	Alexandria VA	614	46	7	31:26.0	31:48.9	0:22.8	10:06/M
2	LENDELL PORTERFIELD	Reston VA	619	50	9	38:15.5	39:57.3	1:41.7	12:18/M
3	ROBERT PESCIANI	Elk Grove Village VA	617	55	10	40:03.1	40:42.5	0:39.4	12:53/M
4	SCOTT HOPKINS	Alexandria VA	610	43	13	44:52.7	45:34.8	0:42.1	14:26/M
5	OWEN HOPKINS	Alexandria VA	602	12	14	44:53.1	45:35.3	0:42.2	14:26/M
6	JUAN HICIANO	Fort Belvoir VA	633	37	16	48:12.7	48:46.2	0:33.5	15:30/M
7	SCOTT Massoin	Lorton VA	621	48	17	48:34.3	49:02.3	0:28.0	15:37/M
8	DAVID Siegrist	Manassas VA	615	47	18	48:35.0	49:03.9	0:28.9	15:37/M
9	BRIAN JONES	Dumfries VA	624	46	21	54:57.4	56:34.5	1:37.0	17:40/M
10	CAMERON MCCAMPBELL	Burke VA	625	44	22	54:58.3	56:36.8	1:38.4	17:41/M
11	Mattnew Rosencrans	Bowie MD	699	39	23	54:58.6	56:36.5	1:37.9	17:41/M
12	ROBERT KWALWASSER	Springfield VA	640	29	27	55:00.5	56:39.6	1:39.1	17:41/M
13	GEORGE YANEZ	Washington DC	606	31	28	55:00.7	56:37.1	1:36.3	17:41/M
14	JASON WILLET	Herndon VA	623	47	29	58:45.2	59:59.2	1:14.0	18:54/M